

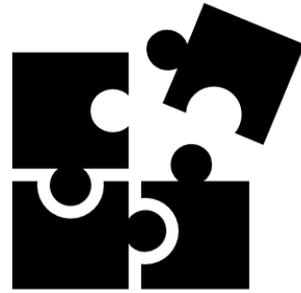


YOUTH TALENT PROGRAMME
Parents & Guardians Support Workshop



SUPPORT

To add value to the athlete and coach plan and help understand self, developing a broad range of skills, abilities and behaviours needed for senior success.



EMPOWER

Athletes as independent learners to understand the holistic development principles to help transition into a successful senior athlete and also for a career outside of athletics



TRANSITION

On to the next stage in the, Olympic, Commonwealth, Club pathway and/or transitioning into university or work



ACHIEVE

Reach maximum potential for all, retention in the sport with enjoyment and experience of Athletes, Coaches and parents at the core.

The Power of Parents & Guardians





How can you help your child get the most from the Youth Talent Programme and Beyond.

Amazing where they have got to- engaged and completion key to the next stage

Useful Things to Now

- **What the programme involves and your role in supporting your child (Covered in induction)**
- **The Developing Athlete**
- **About the Individual Athlete Plan**

What You Can Do to help make a difference

- **Understanding the athlete's journey**
- **Understanding the challenges, the Highs and the Lows**
- **Supporting them the best way you can**

Your Role in Supporting Your Child

- Role Model
- Help instill the Values and Beliefs
- Encourage your children to:
 - Have an open mind
 - Invest in their own development and learning
 - Have a Growth Mind Set
- Provide support and clarity
- Be there biggest fan and the most trusted advisor





- The stage you are born in a competition year can have a major impact on early success and progress
- UK Competition Years U13 – U17 (Sept to August)
- Up to 11 months difference in one year alone
- Research undertaken throughout the world
- Not just physical and mental advantages, but also opportunities

(See Outliers by Malcolm Gladwell)

Maturation



- **+/- 2 years** difference in maturation through Puberty
- Rate of development differs for Physical, mental, social and emotional
- **PHV** can help understand the athlete's stage of development
- Early developers have an initial advantage over late developers, **BUT....**





Early Developers:

Advantages

- Physical advantage over peers
- Early success (ESAA, etc)
- Early Talent ID selection
- Access to higher coaching

Disadvantages

- Success can come with little effort

Issues (observed)

- Eventual stagnation in growth
- Peers catch up in physical growth
- Success is harder to achieve
- Potential lack of determination
- Developed a Fixed Mindset

Late Developers:

Disadvantages

- Lose out to early developers
 - Performance and selection
- Harder to achieve same success

Potential Issues & Benefits

- Drop out due to lack of opportunity
- Believe they haven't got what it takes

Advantages

- Focus on skill development
- Develop greater determination
- Do not rely on physical advantages but benefit from these at a later stage
- Develop a Growth Mindset

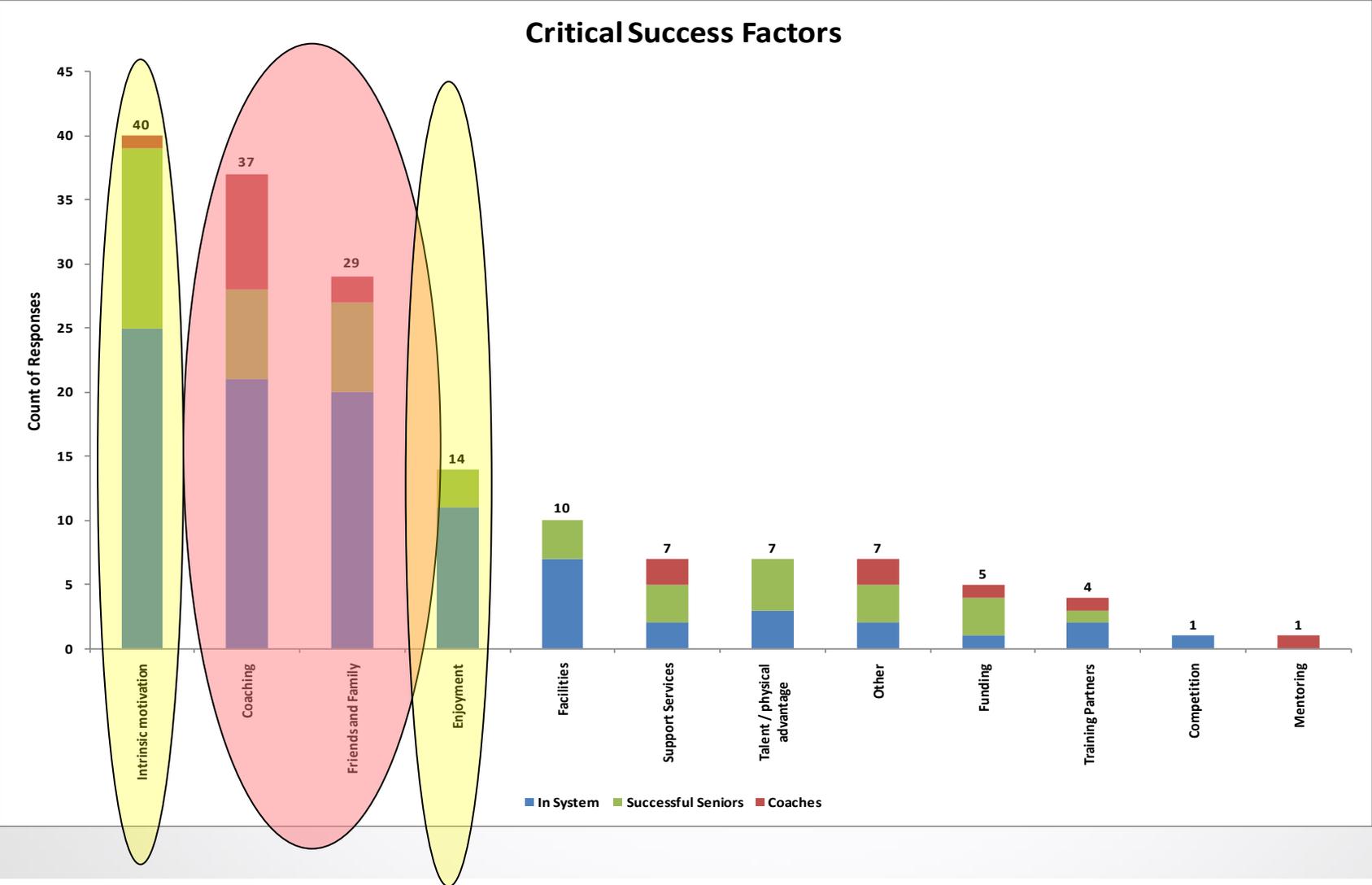


When you praise skill, kids tend to react by protecting their status – they don't want to take risks that might harm their standing.

When you praise for effort, on the other hand , kids tend to react by taking on more challenging tasks, making mistakes and fixing them, spending time in the sweet spot where skill is truly acquired.

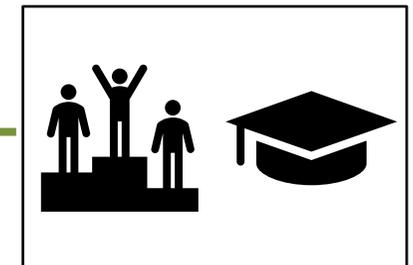
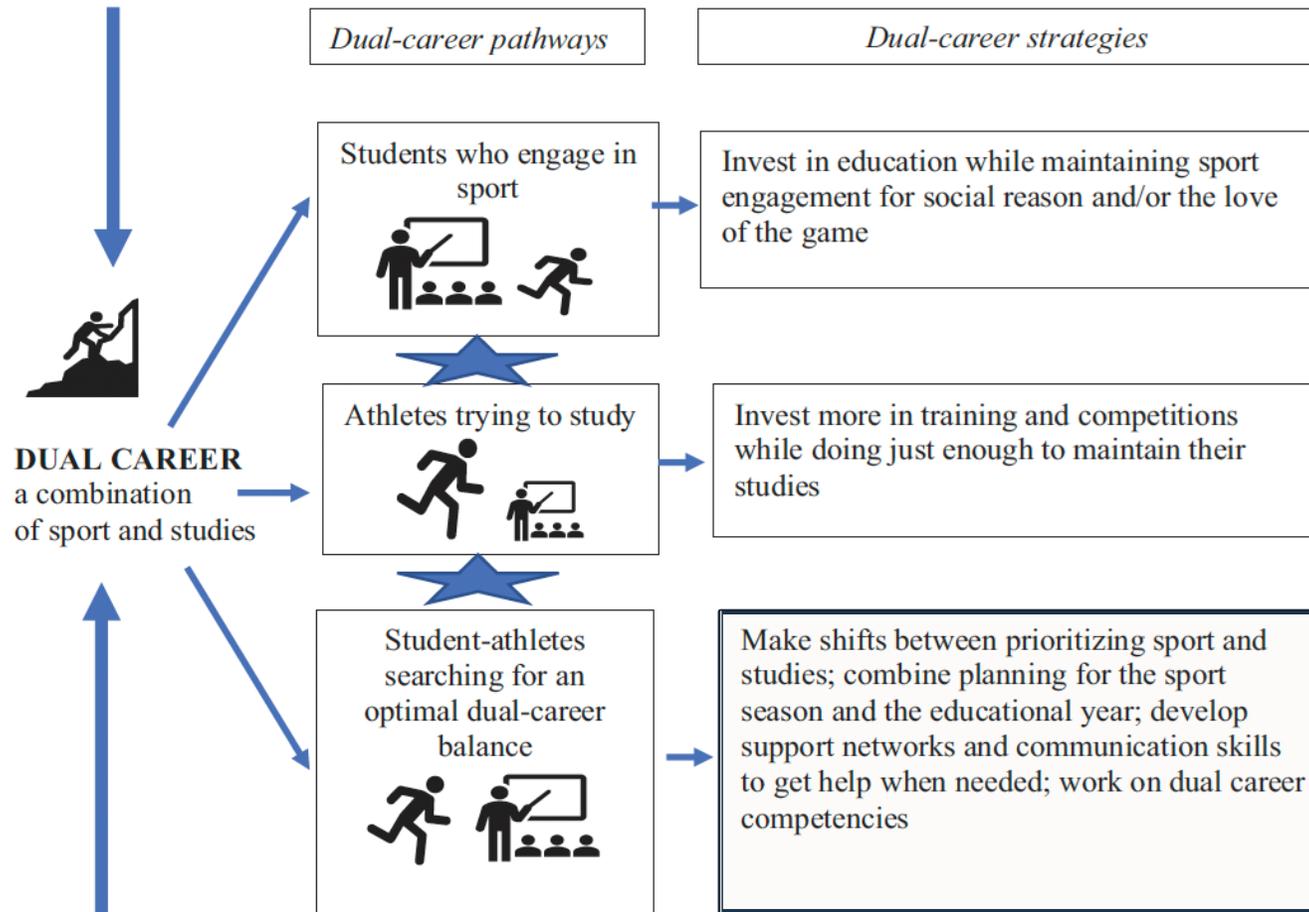
Carol Dweck Author of Mindset

Helping Create the Right Mindset



Dual Career: get organized!

Athletic career: Initiation ... Development... Mastery... Discontinuation →



Education: Primary...Secondary... High school... College/University education →

Reflective score: <x>/5

Reflective score in relation to athlete's performance targets.

Individual Athlete Plan

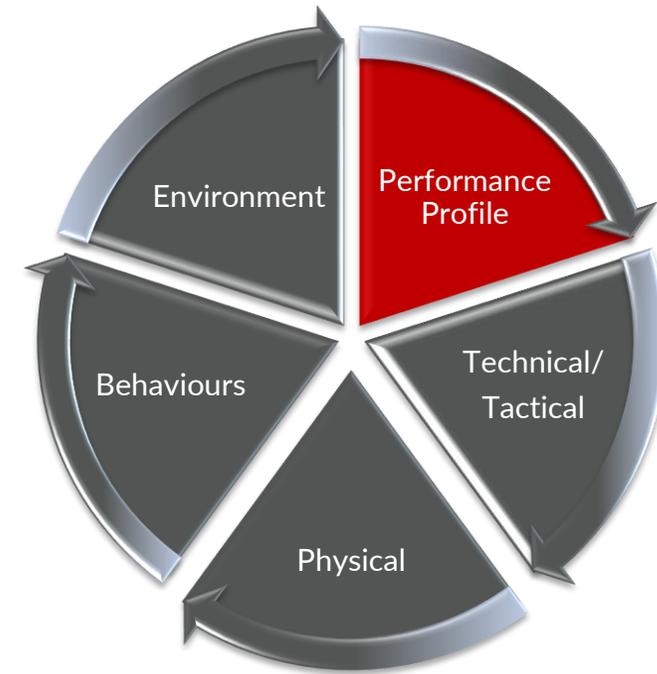
Performance Profile

	2020	2021	2022	2023
YoY progression (season's best)				
Consistency (ave of 4)				
Placing at primary competition				
Relevant ranking UK/Euro/WA/WPA				

Table 1 – Performance Profile

Performance goal (Time/Distance/Score)	
Outcome goal (Selection/placing)	
Performance metric (Talent Ladder)	
Championship standard (for selection)	

Table 2 – Goals



Strength(s)/What do you do well?:

- e.g. Performance consistency
- e.g. Positive YoY progression

Specific Target(s)/areas of improvement:

- e.g. Need to work on performing on the day

Individual Athlete Plan

Summary

KEY PRIORITIES:

Athlete:

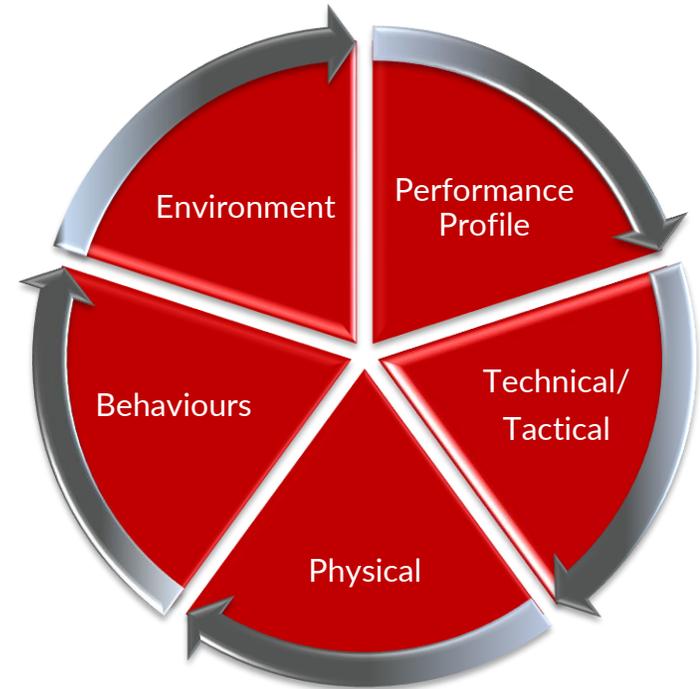
- 1.
- 2.

Coach:

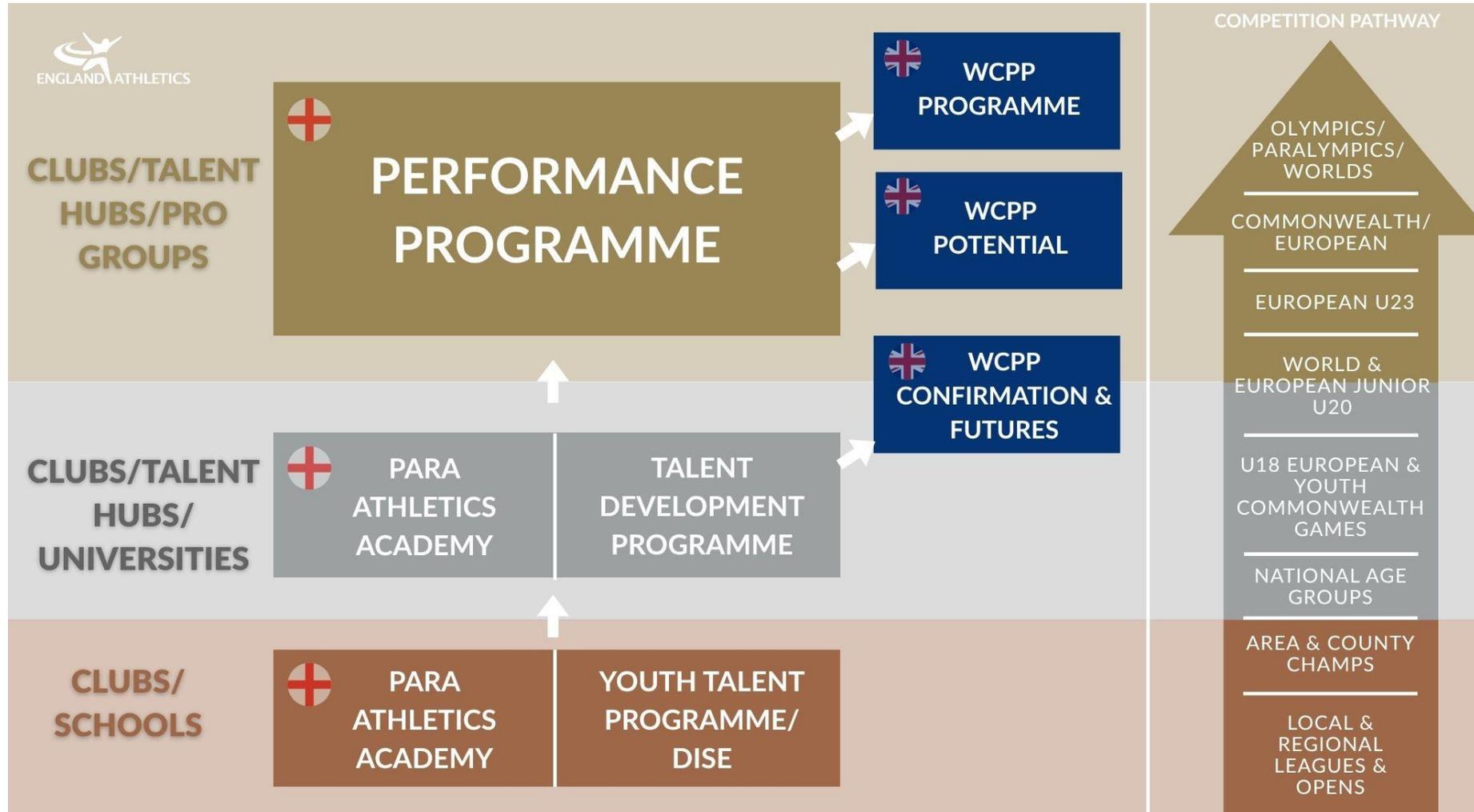
- 1.
- 2.

Performance Support Services:

- 1.
- 2.

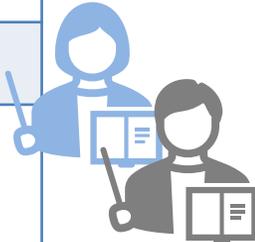


England Talent Pathway – What comes next?



2026 Calendar

Date	Competition	Venue	More Information
May	County Championships	Various	CAU
May	Loughborough International	Loughborough University	England Athletics
TBC	• Northern Championships	TBC	Northern Athletics
26 th -28 th June	• England U20 + Senior CE and T&F Champs (inc U23) • Senior Para Champs (U20 +)	Birmingham	England Athletics
July	English Schools' AA track and field championships	Birmingham	ESAA website
16 th -19 th July	European U18 Championships	Rieti, Italy	European Athletics UK Athletics
5-9 th August	World U20 Championships	Oregon, USA	World Athletics UK Athletics
September		University/Work!	



British Athletics International Opportunities



Dan Wagner
UKA Head of Performance Pathways



Sharon Morris
Athlete Pathway Senior
Coordinator



Darren Richie
EA Event Group Lead – Jumps and
Combined Events

Team Lead u20 Champs 2025



Alan Richardson
Head of Talent Programmes

Team Lead Euro u18 champs

Policies:

[Microsoft Word - 2025 European U20 Championships v7_dw](#)

Email:

agegroupchampsinfo@britishathletics.org.uk

Advice On Reading Any International Selection Policy

- **Could be different to Country Team for ESAA or SAIB...**
- **What's the aim?**
Medals, top 5 places, top 8 places, finalists, strongest possible team, transitions etc.
- **What's the eligibility criteria?**
British passport, year of birth, trials, I Run Clean™, Team Members agreement, expression of interest etc.
- **What's the standard (if applicable)**
How fast/far/high, qualification period, closing date, level of competition permit etc.
- **Any Other Factors?**
Head to heads, ranking, performance consistency, performance profile, current form, championship history, injury and illness, etc.

Talent Hubs and additional support services



ENGLAND ATHLETICS

TALENT HUB LOCATIONS

Leeds Beckett University

Loughborough University

University of Birmingham

St Mary's University, Twickenham

In partnership with:

LME LONDON MARATHON EVENTS

SPORT ENGLAND

tass

The infographic features a white outline map of England on a red background. Three green dots are placed on the map, each connected by a thin green line to a text label. The labels are: 'Leeds Beckett University' (top), 'Loughborough University' (middle), and 'St Mary's University, Twickenham' (bottom). To the right of the map is a photograph of a female athlete in a pink long-sleeved shirt, smiling. She is being attended to by two people wearing blue gloves, one of whom is adjusting her hair. The background of the photograph is slightly blurred, showing an indoor setting.

England Athletics Talent Hubs



A key partnership in the talent pathway

Very much part of the athletics ecosystem

Environments England Athletics believe are excellent for developing athletes



Working together to provide coaching and support services to athletes



Service providers for the Talent Pathway



Support to help you through the journey



theathleplace f t i

ATHLETES PARENTS

Which Are You?



ARE YOU AN ATHLETE?



ARE YOU A PARENT?



THANKS FOR WATCHING, ANY QUESTIONS ?